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Bangalore Mirror

TEMP Max 27 | Min 21 | Humidity 81% Mostly Cloudy Sensex 63,168 | Nifty 18,755 | Gold 59,204 | Silver 72,512 | Dollar 81.92 | Euro 89.51 | GBP 104.86

BMRCL report reveals that of 370 trees transplanted from its project sites between July 2021 and June 2022, 308 (nearly 84%) have dried up

NIP IN THE BUD

Are procedures not being followed precisely?

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More than a decade ago, the Bengaluru Metro Rail Corporation Ltd. (BMRCL) transplanted 10 trees on MG Road stretch on an experimental basis. Only three survived, offering a success rate of 30%.

If the corporation's latest report on recent tree transplantation is anything to go by, not much has changed since then. To make matters worse, the transplantation process today has a more abysmal success rate of 15%.

As per BMRCL's quarterly report (January to March 2023), while 370 trees were transplanted between July 2021 and June 2022, only 61 trees are now showing some signs of survival. As many as 308 trees (nearly 84%) have dried up.

While 52 trees were translocated for BMRCL project at Benniganahalli lake bund area in July 2021, only seven trees held on showing morphological characteristics like new leaf buds, leaf initiation, new shoots, tree branchlets, flowers, and fresh leaves.

Similarly, only six out of 53 trees

CONTINUED ON PAGE 8 »

"The procedure laid down by us cannot be adhered to completely in concreted areas, which includes roads. It is difficult to extract roots in such conditions without damaging them

– Dr C Chandaraiah, Retd. prof, GKVK

The runaway buses

60 fatal accidents in city involved buses that include those of BMTC, KSRTC

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According to the latest accident report released by the city traffic police, there is a year by year increase in fatal accidents in which buses are involved.

In 2022, while there were 69 fatal accidents recorded by buses including BMTC and KSRTC buses -- 33 fatal accidents were caused by BMTC buses, 15 by KSRTC buses and 21 due to private buses.

In 2021, 46 fatal accidents were caused by buses, in which 27 were by BMTC buses. Similarly, BMTC buses were the cause of maximum bus accidents in 2020 as well, when the city recorded 27 fatal accidents involving a BMTC bus.

According to Ashwin Mahesh, transport expert, one of the major reasons behind increasing violations or accidents by BMTC buses is the lack of enforcement by the traffic police. "You rarely spot BMTC bus drivers being fined for traffic violations. They are speeding and jumping signals because they are aware that the traffic police won't stop them. If you are waiting for a signal to open and there is a BMTC bus driver right behind you, he will honk and jump the signal because they are not scared.

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Create bonds

Be a part of an exceptional event, where esteemed individuals from various fields will be sharing their expertise and insights. Connect with like-minded professionals and immerse yourself in meaningful interactions. This gathering is a catalyst for women with thriving careers, fostering a profound sense of community.
Where: Stone Street, BTM Layout
When: June 24; 10 am onwards;
Contact: 9632452266

02 Musically perfect

Are you a fan of Linkin Park? Get ready as the Mumbai-based band, Meteora performs a tribute to one of the most popular and loved bands in the world. Get your friends and loved ones to the most happening cafe in the city to brace an unforgettable night filled with the melodies of Linkin Park. **Where: Hard Rock Cafe, St Marks Road; When: Saturday, June 24; 9 pm onwards**

03 Best of art

Grab the chance to attend a retrospective exhibition of the late artist JMS Nani's work. Presented by KYNKYNY, the exhibition, Beyond Badami, highlights the artist's early works and unseen photographs, sketches, etchings, sculptures, oil paintings, and more.
Where: KYNKYNY, 104 Embassy Square, 148 Infantry Road; When: Till June 30; 11 am to 6 pm

'Time to reestablish reverence for learning'

Justice HP Sandesh stresses importance of education among students; shares his memories of studying in Kannada medium

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Students have to pursue their studies diligently, ascend to important positions, and serve the nation with pride and dedication, according to Justice HP Sandesh.

Addressing the students of Thimmaiah Reddy Government High School during Sthairya, a motivational programme organised by the Team Adi Shankara and Pragathi Nagar Residents' Welfare Association, Justice HP Sandesh emphasised the significance of education.

"I consider the school a sacred temple of knowledge and wanted to thank the organisers for inviting me to this motivational session. I am of the opinion that the school one attends should not determine their worth but rather the efforts they put into their studies," said Justice Sandesh.

The justice stressed the importance of incorporating values into one's life alongside education. Drawing from his own experiences, he shared memories from his own school days when he studied in the Kannada medium. He urged the students to become assets to the nation. Expressing concern over the rising costs associated with education, he pointed out the need to restore the sanctity of education.

"I want to encourage students to incorporate the five mantras of Swami Vivekananda—discipline, efforts, punctuality, promptness, and boldness—into their lives," he added.

The Sthairya session concluded with the distribution of stationery and sweets to the 350 students who attended the motivational session, symbolising the support and encouragement provided by Team Adi Shankara and Pragathi Nagar Residents' Welfare Association.

Thimmaiah Reddy Government High School headmistress Dr Masooda Jamal told Bangalore Mirror that she was very happy with the motivational session.

"Justice Sandesh has motivated the students to focus on education to become somebody in society. He told the students that he too was a student at a government high school. The organisers distributed stationery items for the students," said Dr Jamal.

Furthermore, Manjunath K, a member of the Pragathi Nagar Residents' Welfare Association, said that the motivational session is the first event organised by the association.

"The objective is to instil confidence among the students and encourage them to shed inferiority complexes. We are planning to make arrangements to help the students in English, mathematics, and general knowledge by conducting special classes once or twice a week. We want to improve the pass percentage among the students of government high schools," said Manjunath.

Shubhankar C, general secretary of Sri Krishna Mahila and Bala Vikas Seva Charitable Trust, said education was distributed during the pandemic.

"Students going to private school managed with online classes; unfortunately, this facility was not available to the students going to government school. I spoke to a few of my friends, and we started to teach such students English, social studies, and science subjects. We also managed to find donors and provide phones to needy students. Further, such phones were transferred to their juniors," said Shubhankar.

He explained that his interaction with Sharath, a student who shared his fear about the competition, made him organise motivational, educational, and awareness sessions for the government school students at playgrounds, temples, and other places.

"We decided to make the project Sthairya and held the first inaugural, motivational session at the school where Sharath studies. Team Adi Shankara will be in touch with the students of the government school and will help them with stationery and conduct special classes," he further added.

Justice HP Sandesh addressing the students of Thimmaiah Reddy Government High School

"The objective is to instil confidence among the students and encourage them to shed inferiority complexes
– Manjunath K, Pragathi Nagar RWA

Haj pilgrim numbers grow significantly in state

The number of Haj pilgrims from Karnataka has increased exponentially as compared to the previous year. While in 2022 only 3,000 people were allowed, this year almost 7,900 pilgrims will be going to Jeddah, Saudi Arabia. Sarfaraz Khan Sardar, executive officer of the Karnataka Haj Committee, said, "Previous year there was an issue with the flights. Last year, there was one flight carrying 450 passengers. We could not accommodate everyone at Haj Bhavan. Until the last moment, we had no confirmation about the arrangements for this year."

This was due to the fact that Haj Bhavan had to fill in covid patients apart from prisoners as it was converted to a sub-jail. "Prisoners damaged a lot of property, with some trying to escape. Then the covid patients came in," he added.

The other major issue was regarding the

suitcases. The Haj committee collected the money and bought suitcases. But the suitcases did not arrive on time previously. Many people were irritated by the same. "During the meeting with the union minister of Haj, we discussed that the dimensions should be informed to the pilgrims. Even the airline issue was addressed during the meeting," he explained.

With many pilgrims leaving the city, accommodating family members was another issue. "Many family members would come with the pilgrim as it's a major life event. The accommodations were full. For 1,000 people, there would be 3,000–4,000 people. We built 200 toilets this year to help the bigger crowd," he informed.

All pilgrims from Karnataka had to embark from one place, Bengaluru, last year as other points were cancelled.

"This time, with a 15–16-day time period, there are three flights every day, which is a relief for us. Hence, it has been a smooth process this year. Zameer Ahmed, minister of minority affairs, is also providing free food for the volunteers, pilgrims, and their relatives," he further added.

In the future, Sarfaraz said that they are planning to conduct the camp in Haj Bhavan. Currently, it's conducted on someone else's property. **— Abhijeet Kabad**

Don't want to be left out? Get in queue

Bangalore One Centres and cyber cafes across city witness huge rush of citizens seeking ration cards, Aadhaar enrolments and address changes

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After Covid days, Bangalore One Centre and cyber cafes have once again started witnessing queues in early morning hours of citizens seeking ration card and Aadhaar card enrolments. The queues have reemerged as all are occupied with various applications. Cyber cafes are witnessing larger demand for Below Poverty Line (BPL) card enrolment than Above Poverty Line (APL) ration cards and Aadhaar cards.

Keshav S, the owner of a cyber cafe, shared, "Though the government has not yet started enrolment for new ration cards, we are witnessing a high number of individuals seeking to obtain one. While the demand for BPL cards is high, there are also a significant number of people queuing up for APL ration cards. Women with names on their ration cards have been assisted to apply for the Grihalakshmi scheme. Surprisingly, many women despite being told that the application process has not yet begun, are applying for fresh ration cards. People are queuing up from the early morning, even for inquiries."

Chaos by women goes to the next level when the government's decision to provide a Rs 2,000 allowance to the female head of the household results in intense competition. The eligible female member is the senior of the family. Unfortunately, other women in the family are also planning to apply for fresh ration cards to avail of the benefit, another cyber cafe owner said.

Savitri D, a homemaker, said, "I have been married for the last four years and I believe I should be entitled to the Rs 2,000 allowance. As my mother-in-law is not permitting me to apply, I have decided to apply for a fresh ration card. After a long wait in the queue, I was informed that I have to come again when the government starts accepting applications for fresh ration cards."

A senior official from the Food, Civil Supplies, and Consumer Affairs Department said that currently, they have not resumed issuance of new ration cards or modifications to existing ones. "We are awaiting further directions from the government in this regard."

People gather at a Bangalore One Centre on Monday

Tech snag impedes Gruha Jyothi registration

On Monday, thousands of people continued to face disappointment as technical snags persisted during the Gruha Jyothi registrations. "Due to server issues, many were unable to register on Sunday, and unfortunately, the same problem persisted on Monday. In the morning, I was surprised when the Gruha Jyothi link opened. However, after entering the account number, there was no progress. The server was supposed to fetch the BESCOM data and auto-populate the other details before asking for Aadhaar number for OTP verification. But the auto-populated details never appeared, and we kept trying multiple times," said Gopalaiah K, a retired individual. Madhuri R, a homemaker, questioned the necessity of registration when BESCOM already possesses the data. She said, "Officials could have calculated the monthly average and provided us with zero bills." Meanwhile, many BESCOM offices saw big rush. A BESCOM official said, "We are facing server issues, which impedes our work as numerous people are showing up for registration. Despite our attempts to explain, people don't listen."

No hurry

The Energy Department has clarified that there is no deadline fixed for the registration process and hence there is no need for the consumers to panic and rush for registration.

Aadhaar card issue in the meanwhile, is also a rush among individuals who have relocated from other states to Karnataka. Arati Reddy, a homemaker, shared her situation, "I am originally from Telangana and moved to Karnataka after marriage. Until now, I have been unsuccessful in changing the address on my Aadhaar card. But, since the Karnataka State Road Transport Corporation (KSRTC) is offering free rides only to those with a local address, I am planning to modify the address on my Aadhaar card. Consequently, I have been visiting the relevant offices to complete the modification process."

The application process for Grihalakshmi scheme (the housing scheme) has been postponed for a few more days, according to recent updates. Interested individuals can now submit their applications either online or physically through the Seva Sindhu portal at Grama One, Bangalore One, or Karnataka One.

Women and Child Welfare Minister Laxmi Hebbalkar stated, "Applicants will receive an acknowledgement via SMS, which will be auto-generated through the Seva Sindhu Portal. To complete the application, the requirements are the Aadhaar numbers of the applicant and her husband, mobile number, and bank account details. Once the application is approved, direct benefit transfers (DBT) will be made. It is important to note that there is no application fee for the scheme; it is completely free. Applicants have the option to apply independently at the designated centres mentioned above and do not need to rely on others for assistance. There is no specific deadline mentioned for submitting the applications. Applicants can contact the helpline at 1902."

Drone deal: Eye in the sky to monitor all our traffic problems

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Drones set up at 2 major traffic junctions, after traffic cops get adapt to them, more coming up

Drones have been deployed as traffic monitoring systems at two major junctions Marathahalli and Hebbal, from Monday. Once the police adapt to the drones, four drones will be allocated near Silk Board junction, KR Puram and near Banashankari bus stand.

"We are still experimenting. Our people are trained in how to handle drones and over time they will gain expertise in it. Right now, it is enabling us to find out congestion in a few junctions. We are trying it at two places so that we get used to the drones and later it will be introduced to eight junctions," MN Anucheth, joint commissioner of police (traffic) told BM.

Right now the department is trying to figure out where else the drones should be stationed.

Home Minister G Parameshwar said that for the first time, the police will use drone cameras at major junctions in the city to control the city's traffic. His target is for the traffic department police to make Bangalore traffic problem-free in three months.

"No major technical glitch was reported because we are still adapting it to traffic use. We are trying to figure out at part of the junction we would like it to be there and also, we will figure out where to keep the drone at the mid-block of the junction," he added.

The Home Minister further added, "I have given the Bengaluru traffic police three months to reduce traffic congestion."

"The city has earned the reputation of being one of the most congested in the world. Reasons for traffic jams will now be detected by drones. Hence, traffic management with reduced traffic will be controlled by drones. If the movement of vehicles is obstructed, the drone should be used to find the place where the traffic is jammed and solve the problem. These drone cameras are connected to the police control room," he said.

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Lake faces toxic trespass

Video of auto driver throwing goat skin into Benniganahalli Lake goes viral; activists demand measures to prevent people from dumping waste into lake

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Residents of Pai Layout and surrounding areas and lake activists are shocked to see a video of an auto rickshaw driver throwing a goat skin from the flyover into Benniganahalli Lake. The residents want the concerned authorities to act tough against those responsible for throwing all types of garbage from the flyover into the lake.

The video shows an auto rickshaw halting on the flyover at 6:32 pm on Thursday and the auto rickshaw driver picking a goat skin from the auto rickshaw and throwing it into the lake. The residents and lake activists recall how they struggled all these years to make the Bruhat Bengaluru Mahanagara Palike (BBMP) and the Bangalore Metro Rail Corporation Limited (BMRCL) work for the rejuvenation and development of the lake.

"It is the first time such news has come to our knowledge. It is very bad. We will lodge a complaint with competent authorities seeking punishment of the person who threw goat skin into the lake," said Benniganahalli Kere Trust secretary NH Subramanian.

Condemning throwing the goat skin into the lake, Balaji Raghotham, a lake activist, said that he has come across some people, including well-educated people, throwing garbage into the lake from the flyover.

"There is a lot of garbage in the lake under the flyover. Garbage contractors are reluctant to engage workers to remove garbage from this spot. I appeal to the lake authorities to take measures to prevent people from throwing garbage into the lake," he added. Furthermore, Benniganahalli Kere Trust treasurer Anupama VL condemned the incident.

A video of an auto rickshaw driver throwing a goat skin from the flyover into Benniganahalli Lake shocked residents

"It is the first time such news has come to our knowledge. It is very bad. We will lodge a complaint with authorities – NH Subramanian

"We are writing letters to the authorities concerned, appealing to them to take measures for increasing the height of the protection wall on the flyover or install a mess to prevent people throwing garbage into the lake," said Anupama.

The delay in completing the developmental works at Benniganahalli Lake by the BMRCL has been a cause of concern for the people who want to visit Benniganahalli Lake for a walk in the morning and evening, she added.

"The developmental works at Benniganahalli Lake have missed many deadlines. The deadline was December 2022, but it was extended to March 2023 and later to May. Around 50 per cent of the developmental work is still pending. We can take up the maintenance of the lake if the BMRCL completes the developmental works and hands over the lake to the authorities concerned," she explained.

Meanwhile, Karnataka State Pollution Control Board (KSPCB) Mahadevapura environmental officer Mahendra said that he has advised the BBMP Lakes Department engineer to post a few marshals at the flyover to keep a vigil on those throwing animal waste into the lake. "I have received information from a lake activist about an auto rickshaw driver throwing animal waste into the lake," he said.

Property sign-up: Govt rolls out fraud-proof software

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Before buying a property, one needs to think multiple times to check if the property is genuine or not, as there have been many fraudulent property registrations. To put an end to this, the government says that they have finally come up with 'fraud-proof software'.

Revenue Minister CB Krishna Byre Gowda said, "Kaveri-2 is designed as fraud-proof software that prevents impersonation and fraudulent registrations. It is integrated with various department applications like Bhoomi, e-Swathu, e-Aasthi, Khajane 2, and Sakala, ensuring the authenticity of registered documents and enabling auto mutation processes in the respective departments."

He added that the Revenue Department will benefit as well, as the department will receive stamp duty and registration fees a day in advance through online remittance, replacing the manual system of DD and challan.

Apart from this, many complain of server errors during property registration, which delays the work quite often. However, now, the state government claims that there won't be any 'server errors' during registration under Kaveri 2.0 as they are linking it to the central server.

Gowda explained, "In order to address the problems of registration in the existing system, the Department of Stamps and Registration, in association with the Centre for Smart Governance (CSG), has developed a fraud-proof software. The software has been rolled out across the state in phases since April. There won't be any local server issues or delays because the application is hosted on a central server. There will be a strict workflow among the various authorities in the department with fixed accountability."

The government will have scope for data analytics, like age group purchasing property, number of women purchasing property, real estate growing areas, type of transactions, etc. Since it is a centralised application located in SDC, resolution of technical issues. As a result, the number of visits by citizens to the sub-registrar office will be reduced, he informed. The entire pre-registration process has been made online and contactless.

Kaveri 2.0 prevents false registrations and impersonation. It is integrated with other departments

"Citizens have to pre-enter the data required for registration and send it online for verification by the sub-registrar. Once the document is verified, citizens receive it online to make payments. They can then schedule a date and time for the registration process at their convenience. The registration process takes only 10 minutes. Citizens visit the sub-registrar's office at the scheduled time to present their documents and have their photos and thumb impressions captured. Once the registration process is completed, citizens receive a digitally signed document in their Digilocker account. Updated details are directly sent to the respective integrated departments for Khata updating," he further added.

For registration, tutorial videos have been created and uploaded to the YouTube channel to facilitate easy data entry, payment, and other processes. A call centre (080-682265316) has been established to create awareness, assist citizens, track applications, and address grievances.

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Clean it

Neelasandra

The BBMP ground near Channel Road in Neelasandra is filled with weeds and garbage. A complaint has been raised twice, but no action has been taken yet.

Silt it out

Outer Ring Road

After desilting the service road near the Hennur police station on the Outer Ring Road near Challakere, the silt is lying on the road.

Banner ban

Thippasandra Road

Flex banners are lining 80 Feet Road and Thippasandra Road, giving a bad look to these areas.

Bus stop vanishes: Not once but twice

Case of disappearing bus stop is mystery unsolved by BBMP; HRBR Layout residents are clueless

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A bus stop vanishing overnight from the same place for the second time is a mystery unsolved. Just a few months back, the HRBR Layout bus stop disappeared overnight and subsequently, BBMP erected a new one a few metres ahead. But now residents say that that bus stop has also disappeared.

This is to draw public attention to the fact that that bus stops in HRBR Layout continue to disappear. While officials had previously stated that the prior bus stop was removed to make way for a brand new one by BBMP, residents fail to understand the rationale behind this disappearance.

In March 2023, Kalyan Nagar HRBR Layout residents alleged that a bus stop dating from 1990 had disappeared. The bus stop was donated by the Lions Club and funded by generous people who served the community by sheltering the people from sun and rain. After much protest, BBMP resurrected the bus shelter a few metres away on June 6. Again, on June 11, the bus stop disappeared. Apart from a few broken tiles, there is no reminder of its existence. The constant disappearance of bus stops makes the public wonder why BBMP fails to protect them.

A resident of the area Christopher Cruz told BM, "The bus stop vanished again on 11th June 2023 at 7 pm. As of now, the bus stop has not been restored. We have no clue why it disappeared again. However, BBMP should be held responsible for its assets used by public property. The BBMP Chief Commissioner should be answerable to the public."

"The major reason for bus stops disappearing is due to their sale value for scraps. Often miscreants rip apart the bus stop and sell it for parts to scrap dealers. It also calls for relooking into the construction of brick-based bus stops

City-based civic activists feel that such disappearances are commonplace in Bengaluru. "The major reason for bus stops disappearing is due to their sale value for scraps. Often miscreants rip apart the bus stops and sell it for parts to scrap dealers. It also calls for relooking into the construction of brick-based bus stops.

Palike can think about installing CCTVs at bus stops to ensure their safety. Additionally, there is a network of cameras established under the Nirbhaya scheme and could be utilised to ensure the safety of bus stops as well," said civic activist Sandeep Anirudhan.

However, Anirudhan added that ownership of all mobility-related properties should lie with BMLTA and avoid confusion. Even though it's a BMTC bus stop, the property is owned by BBMP as bus stops are erected on footpaths. Commercial establishments also tend to get rid of trees in front of their establishments. "Bengaluru has limited green cover and commercial establishments hack away at the trees. In most cases, these are really old trees," he added.

1 killed in hit-and-run; drunk driver nabbed

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CRIME FILES

A delivery executive has died in a hit and run incident in RR Nagar. The deceased Pawan was a resident of Mysuru. A case has been registered at Byatarayanapura traffic station.

The accused car driver Vinayak is a resident of Vijayanagar and works as a sales executive in Rajajinagar. He had a party with his friends on June 18.

After the party, he along with his three friends were in the car dropping off a friend near RR Nagar.

Vinayak was driving the car in a drunken state around 1:45 am and the car hit the delivery boy's bike near the metro station.

Pawan, who was seriously injured in the accident and was lying in a pool of blood, was dragged around 100 metres by the car. Later, the accused tried to escape with the car leaving Pawan on the road. Seeing this, the locals chased the car for about 1 km. The accused was caught and beaten up by the locals who had blocked the car. After examination, it was confirmed that Vinayak was intoxicated while driving.

Serial accident claims 1 life

A series of accidents took place late at night on the Hesaraghatta Road. One person died and three others were injured in the accident.

The driver of a car, Prakyat Chinnappa, 22, died on the spot and Nataraj, Rikkith and Basava Gowda were injured.

A car rammed into a bike and two cars. One bike and three cars were damaged in the accident and an electricity pole on the roadside was damaged. The footage of the serial accident was captured on the CCTV camera. The incident took place in the jurisdiction of Peenya police station.

VK ಎಜುಕೇಷನ್ FAIR
2023
A PREMIER EDUCATIONAL EVENT
24th & 25th June 2023
Jnana Jyothi Auditorium, Central College Campus, Bangalore

VK Education fair to help decide course of action

Are you wishing to pursue higher education but still uncertain about the college and course? Well, all you need to do is attend the VK Education Fair, which will be held at Jnana Jyoti Auditorium on June 24 and 25.

Numerous prestigious colleges in the city will be participating in the two-day fair. Officials have stated that engineering students are currently seeking courses with high demand, such as artificial intelligence, robotics, data analytics, virtual reality, blockchain computing, cybersecurity, forensics, petroleum engineering, and aerospace engineering. For those interested in the medical field, there will be career guidance provided for MBBS, BAMS, and BHMS. Students aiming for these courses will need to appear for NEET, and therefore, representatives from NEET coaching centres will be present to offer guidance on preparation strategies, recommended study hours, and selecting the right coaching centre.

In addition to professional courses, there is also an increasing demand for courses like D Pharma, B Pharma, and others. The interest in BSc nursing and BSc (Allied Health Sciences) is on the rise. Furthermore, there is growing demand for courses in hotel management, fashion designing, and various other fields. Experts from these backgrounds will be available at the VK Education Fair to provide information and counselling to students, helping them choose the most suitable course.

VK EDUCATION FAIR
Dates to remember: June 24 and 25
Venue: Jnana Jyoti Auditorium, Central College
Time: 9:30 am to 5:30 pm
For more details, contact: 9916079232
For registration, please use the following QR code

Organisers highlight that the VK Education Fair will serve as a one-stop solution for all inquiries related to higher education. It aims to create a unique platform for students, parents, and professionals to exchange views, address queries, and provide career guidance. The fair will be held at the Jnana Jyoti Auditorium on the Central College campus, conveniently accessible by buses or the Metro. Adequate parking spaces will be available for visitors planning to attend the fair. Furthermore, entry to the fair is completely free, ensuring accessibility for all aspiring students and parents.

– Prakash VL

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No safe place for pups

Citizens accuse animal birth control centre of relocating street dog; point out other negligences of organisation in the recent past

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TWEETS @BangaloreMIRROR

According to BBMP, ASRA came in based on their proposal in the last tender floated by BBMP to carry out the ABC programme in the city

A couple of weeks ago, Preethika Rao, a resident of Whitefield, called a non-governmental organisation in her area assigned to implement the animal birth control (ABC) programme of the Bruhat Bengaluru Mahanagara Palike (BBMP). Preethika was calling to seek help in managing a street dog in the area.

According to her, while the ABC centre, ASRA, came to pick up the dog two weeks ago, the animal has gone missing since then. Preethika and the residents allege that the centre has relocated the dog instead of keeping it under their watch for a few days before releasing it in the same area.

"This latest case is of Beti, a sterilised dog from KR Puram who was picked up by ASRA based on a complaint nearly two weeks ago but went missing the next day. How can a dog who is under a net under the weight of an iron rod and behind closed doors of the van escape? Either this is negligence, or the driver has been tipped off to relocate the dog," said Preethika.

Residents also claim this is not the first case of negligence by the NGO in managing stray dogs. Even before this, there had been many irregularities.

"We are facing serious issues with ASRA. We see freshly sterilised dogs coming back with canine distemper, dying mysteriously within a few days of returning from the centre, dogs being relocated, the centre not responding to ABC requests, and dogs getting lost. Worse still, there is nobody to answer these queries. We have bounced around from ASRA to BBMP, and then there is silence," said an animal welfare worker in the area.

Exasperated, animal caretakers and feeders in the area have started reaching out to private facilities to carry out ABC for street dogs.

"For all these varied reasons, we have stopped using ASRA and instead use private clinics to get street dogs sterilised. We, tax-paying citizens, have spent lakhs of rupees over the last two years out of our pockets and would like BBMP to intervene," added Preethika.

> **We are facing serious issues with ASRA. We see freshly sterilised dogs coming back with canine distemper, dying mysteriously within a few days**
>
> –an animal welfare worker

Dejected by repeated complaints to the animal husbandry department, Preethika has now written to the BBMP commissioner about how ASRA is messing up the ABC process.

"We have requested the commissioner investigate these issues and determine if ASRA is capable of handling three zones. Our zone, which is Mahadevapura, should be assigned to another proactive dog-friendly NGO," she informed.

According to BBMP special commissioner (health), Dr KV Trilok Chandra, there is a lack of eligible animal welfare centres in the city, leading to one organisation taking care of three zones.

"ASRA came in based on their proposal in the last tender floated by BBMP to carry out the ABC/ARV programme in the city. The issue is the low number of ABC centres affiliated with the Animal Welfare Board of India (AWBI). The affiliation process has been painstakingly slow, and the board has not recognised any new centres in a long time. This was after many requests from BBMP to speed up affiliation. However, we will investigate the complaint raised by the citizens," said Dr Chandra.

Trial okay: Vande Bharat to slash travel time

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Trial run of Vande Bharat was conducted from B'luru to Dharwad

A trial run of Vande Bharat was conducted on Monday from KSR Bengaluru to Dharwad and back. The train originated from KSR Bengaluru at 5:45 am and reached Dharwad at about 12 pm. In the return direction, it left Dharwad at 12:22 pm and reached KSR Bengaluru at about 7:20 pm.

During the trial run, a team of senior officers from the operations, mechanical, civil engineering, and electrical departments were present on board. Various technical parameters related to the electrical and mechanical equipment of the train set, as well as the passenger amenities, were observed and reviewed.

The distance between Dharwad and KSR Bengaluru is 489 km. The line between Dharwad and Bengaluru is fully doubled and electrified. Out of the 489 km section, the speed has been increased to 110 kmph for more than 350 km by undertaking various engineering works in the last two years (further work is in progress to increase the potential of the full section to 110 kmph).

The Vande Bharat train set successfully ran at 110 kmph in those sections where the track had been made fit for 110 kmph.

Sanjeev Kishore, the General Manager of South Western Railways (SWR), who travelled aboard the trial train, said that the Vande Bharat Express between Dharwad and Bengaluru has the potential to reduce the travel time by 30 to 45 minutes compared to other trains running in this section. The timetable for regular service and the fare structure are under review and will be decided soon.

BESCOM clarifies on June electricity bills

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There is an issue with the online apps displaying negative amounts for electricity bills since the June bills have not been updated in the system. However, Bangalore Electricity Supply Company Limited (BESCOM) has assured that this issue will be resolved within 2 days. In the meantime, consumers can refer to the physical copy of their bills and enter the mentioned amount to make their payments if it is not reflected correctly in the online apps.

If consumers find any discrepancies in their physical bill, they can approach their nearest subdivision office or contact the call centre at 1912. BESCOM has assured that these issues will be rectified promptly. It is important for consumers not to panic, as the billing has been done accurately based on their actual consumption and the new tariff. There has been no excessive billing.

BESCOM has also stated that the billing system will function smoothly without any glitches starting in July.

BBMP's encroachment drive pulls on

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Bruhat Bengaluru Mahanagara Palike (BBMP) makes efforts to clear encroachments on stormwater drains in Doddanekundi, under the Mahadevapura zone. However, the owners of Fern City held up a court stay order to block further encroachment drives and the construction of stormwater drains.

BBMP identified a compound wall, clubhouse building, swimming pool, STP, and the compound wall within Fern City, Doddanekundi, illegally constituted on 200 m of the rajakaluve. On the adjacent vacant plot, Palike also identified a hotel that was encroaching on the drain. In KR Puram, four shops and one car service station were found encroaching on rajakaluve.

After identifying the unauthorised encroachment, the land was surveyed and demarcated as per the orders of the Tehsildar, and encroachments were removed.

However, the owners of Fern City showcased an injunction from the high court. Palike officials highlighted that the matter will be resolved in court soon.

As monsoon advances on, heat wave rages elsewhere

Heavy rainfall predicted in several districts of Bengal

A young man dives into Rapti River as people enjoy at the river bank on a hot day, in Gorakhpur on Monday

The southwest monsoon set in in several districts of south Bengal on Monday, an area which has been reeling under heat wave like conditions for over a month, the IMD said. Meanwhile, 11 more patients admitted at Uttar Pradesh's Ballia district hospital died due to various ailments on Monday, taking the toll to 68 in five days, officials said.

A spokesperson of the Indian Meteorological Department said conditions have become favourable for further advancement of the system over southern parts of the state in the next two-three days and cause moderate rainfall in different parts and heavy rains in some pockets.

Overcast skies and light drizzle greeted the city on Monday morning much to the joy of its denizens, who were parched due to the heat.

"Today the southwest monsoon advanced into some parts of North and South 24 Parganas, Kolkata, Nadia, Hooghly, Murshidabad, Birbhum and Purba Bardhaman districts ... Conditions are favourable for further advance of southwest monsoon in more parts of south Bengal during the next two-three days," the spokesperson said.

Though the cloud cover gave some respite to the people from the blazing sun in the city, its neighbourhood and other pockets of south Bengal, there was no escaping the discomfort caused by high humidity which was 91 per cent at the maximum and 69 per cent at the minimum.

The mercury level, however, dipped a little. The maximum temperature was recorded at 32.9 degrees celsius, one degree less than the average maximum temperature and the minimum 29.9 degree, the weatherman said.

The IMD forecast heavy to very heavy rainfall at few places over Coochbehar, Jalpaiguri and Alipurduar districts in north Bengal and heavy rains at one or two places over Kalimpong and Darjeeling districts in the next 24 hours. The rainfall intensity will come down in the region from June 23.

The city and other parts of south Bengal reeled under heat wave conditions for more than a month as the mercury hovered between 37 degrees to 43 degrees celsius. The people faced a trying time due to the high humidity level between 80-90 per cent.

Heatwave in UP, Bihar

A committee of the health department, which was sent to the district on Sunday from Lucknow to ascertain the cause of deaths in Uttar Pradesh, inspected various areas of the district on Monday.

"Conditions are favourable for further advance of southwest monsoon in more parts of south Bengal during the next two-three days

– Met Dept spokesperson

The deaths come amid the heatwave conditions in the region. However, Ballia Chief Medical Officer (CMO) Dr Jayant Kumar has said only two people died due to heat stroke in the district till Sunday.

The two-member committee comprising Director (Communicable Diseases) Dr A K Singh and Director (Medical Care) K N Tiwari visited Bansdih area of the district from where most of the patients who died had come to the hospital.

The two officials also held fresh inspection of the district hospital. "The arrangements at the hospital have improved. Five more air coolers have been installed in the wards," said Tiwari.

Commenting on the spike in deaths, Tiwari said, "It could also be a coincidence because most of them were elderly patients with pre-existing ailments." However, the director (medical care) denied that the deaths are caused by heat stroke.

"We are looking into all aspects to identify if there is any underlying common cause behind these deaths. Samples are being collected from patients and examination is underway," he told reporters here. According to the health officials, on average about eight deaths are reported daily at the district hospital.

Meanwhile, two persons amid soaring temperatures in the district, have died at Anugrah Narayan Magadh Medical College in Gaya in Bihar, the hospital informed on Monday. A total of 58 patients were admitted at the hospital. — PTI

Karnataka Cong lodges complaint against Nadda, Amit Malviya

Karnataka Congress on Monday lodged a complaint against BJP National President J.P. Nadda and party's IT Cell head Amit Malviya, with the High Grounds police in Bengaluru, in connection with publishing derogatory posts against Congress leaders.

The complaint has been lodged by Minister for RDPR and IT and BT Priyank Kharge and KPCC Spokesperson Ramesh Babu for releasing an animated video of Rahul Gandhi, claiming that Congress is indulging in anti-national activities. The complaint has also been lodged against Chandigarh BJP State President Arun Sood.

Amit Malviya had posted an animated video from his official account on June 17. "In that video it is claimed that the Congress party is indulging in anti-national activities and whenever Rahul Gandhi goes abroad he is indulging in anti-national activities. The video also shows that Congress and Rahul Gandhi are breaking the nation," minister Priyank Kharge explained.

'Factory of lies'

"We have decided to close down the factory of lies run by the BJP party. They could get away with it as it was their government here. The fact-check unit was closed then. The BJP party workers themselves created fake news. We will not let it happen now. Fact-check unit would be strengthened. I have already spoken to the CM. The posts which are communal, disturbing peace, will be dealt with and strict action would be taken," Priyank Kharge explained. "We will also speak to the Home department and create a squad for the fact-check process," he said. "They (BJP) will always post vicious messages and sow seeds of hatred and create fear. We can't sit quietly when people like J.P. Nadda, Amit Malviya and Sood, who are in responsible positions, give out lies from their accounts. They will have to prove the charges," Kharge stated. — IANS

Govt's struggle to procure rice continues

Steps will be taken to procure rice from the National Co-operative Consumers Federation (NCCF), National Agricultural Cooperative Marketing Federation (NAFED), and Central Bhandar, Chief Minister Siddaramaiah said on Monday.

He was speaking at a press meet at the Home Office Krishna.

Total cost of Rs 36.40 per kg will be incurred (price of rice at Rs 34 per kg from the Food Council of India (FCI), plus Rs 2.60 per kg for shipping costs). The prices provided by these three organisations and the quantity details of the supplied rice will be obtained. The Chief Minister also mentioned that steps would be taken to acquire rice through a tender process.

An annual requirement of Rs 10,092 crore is necessary to provide 10 kg of rice. Under the Annabhagya Yojana, distributing 10 kg of rice per month would cost Rs 840 crore. The government is prepared to bear this cost and distribute rice. Although rice stocks are available, the central government is unwilling to provide rice, he said. The Chief Minister suggested that the state BJP could request the central government to distribute rice for the benefit of the state's poor.

There is only enough stock of ragi and maize to supply 2 kg each for six months. The people of Old Mysore can receive 2 kg of ragi, while the people of Hyderabad Karnataka and Mumbai Karnataka can receive 2 kg of maize. The remaining 3 kg of rice will need to be distributed to the people of the state.

Regarding the statement from the Punjab government expressing its readiness to supply rice to Karnataka, the Chief Minister stated that the chief secretary of the government would discuss the matter. The Punjab government would be requested to provide rice at the rate notified by the state. The Chief Minister assured all that rice would be given without fail. He mentioned that the government is striving to provide rice to the people of the state starting from July 1. The stock of rice is available with the central government, and they need to make a decision to supply rice to the state. Rice has to be purchased through MSP (Minimum Support Price). The Chief Minister emphasised that the government will definitely launch the Annabhagya scheme.

Under the Annabhagya Yojana, distributing 10 kg of rice per month would cost Rs 840 cr. The govt is prepared to bear this cost, CM says

The Chief Minister criticised the central government for engaging in hate politics and playing politics in the distribution of rice to the poor. He pointed out that the central government does not cultivate paddy on its own and instead receives rice from the states. He urged the central government to uphold the principles of cooperative federalism and cooperate with the states, as taxes are collected from the states.

Regarding the farmers in Maharashtra blocking the barrage and protesting against releasing water to Karnataka, the Chief Minister stated that he will hold discussions with the farmers and the Chief Minister of Maharashtra. In response to a question about the government's completion of its five-year term, the Chief Minister clarified that there is no confusion regarding power sharing. — BMB

File photo of the launch of the Annabhagya scheme in 2013

Transplantation not a roaring success?

CONTINUED FROM PAGE 1

that were translocated from Kadugodi area in August 2021 have survived; only four out of 58 trees between Jaynagar fire station to Nagawara translocated in November 2021 have shown signs of survival.

As many as 40 trees were moved from Kothanur depot in March and July 2022, but only two trees have pulled through. Moreover, while 39 trees were translocated from Langford Metro Station, 36 from Anjanapura depot, eight from Jyothipura Metro Station, and 84 from Central Silk Board, only one tree at Langford Station, four at Anjanapura depot, four at Jyotipura and 34 at Central silk board have lasted.

BMRCL says their translocation process follows the root ball method as recommended through a set of guidelines proposed by a team of botanists from the University of Agricultural Sciences, GKVK. However, experts say the procedures recommended in the guidelines are not being followed to a tee.

"The scientific method prescribed by GKVK scientists is not being followed well. The guidelines include procedures for digging and root pruning, trimming and treatment of the roots after exposure, creation of root balls of reasonable size, and scientific preparation of the new site, to mention a few. If these processes were being followed well, the success rate would have been better," said an official from the Forest Department of Bruhat Bengaluru Mahanagara Palike.

According to Dr C Chandaraiah, retired professor of the Department of Forestry and Environmental Science, GKVK, although it is difficult to follow the prescribed guidelines in the given circumstances, new sites can be prepared better for easy establishment of roots.

"The procedure laid down by us cannot be adhered to completely in concrete areas, which includes roads. It is difficult to extract roots in such conditions without damaging them. For instance, one of the recommendations says that a tree, after its roots are extracted, should be left undisturbed in its native habitat for at least a month. But it is not viable to do so on city roads. Having said that, the survival percentage would have been better if new sites were being prepared as per the recommendations," said Dr Chandaraiah.

Some successes? Experts differ

The report also includes some success stories. Out of 201 trees translocated from Central Silk Board in September 2022, 169 have sprouted; as many as 471 trees were moved from the Kadubeesanahalli area in September 2022 and 389 have lived and out of 110 trees that were translocated from Kasturinagar to Kempapura stretch in November 2022, 79 have shown signs of survival.

However, experts say translocated trees should be assessed only after they have completed at least six months in the new habitat. While newly transplanted trees might start getting leaf buds, new shoots, tree branchlets, and new leaves a few days post-translocation, these signs do not imply survival.

"There is no point assessing trees' translocation in the later months of the last year as nothing can be said with certainty. In some cases, stored food in the translocated tree might lead to the development of root system and leaf initiation. However, this does not indicate that the tree in question will survive the process in the long run," said a city-based botanist.

K'taka pays compensation to kin of communal violence victims

The Congress government in Karnataka on Monday paid a compensation of Rs 25 lakhs each to six families who lost their kin to communal violence in the state.

After distributing cheques to the family members, Chief Minister Siddaramaiah declared that his government had erased the anti-Constitutional policy of the previous BJP regime.

Speaking to reporters after the event, Siddaramaiah said: "The government belongs to all. It would be anti-Constitutional if favouritism is shown to one caste or religion. The then BJP government had adopted a policy of discrimination in terms of wiping out tears of the families of the deceased persons.

"I had raised my voice against the discrimination and hatred politics by the BJP government during my tenure as an opposition leader. The BJP carried out politics in the name of the deceased persons who were victims of communal violence. We have set right the discrimination practised by the BJP.

"Directions have been given to the police to initiate stern action against religious fanatics, immoral policing and on those who take law into their hands

"Directions have been given to the police to initiate stern action against religious fanatics, immoral policing and on those who take law into their hands in the pretext of caste or religion. They will be dealt with."

The compensation were given to the families of Masood, a resident of Kalanja village in Dakshina Kannada district who was killed on July 17, 2022; Idris Pasha, a resident of Guttalu colony in Mandya killed on March 31, 2023; Mohammad Fazil, a resident of Mangalapete near Mangaluru killed on July 28, 2022; Shameer from Nargund in Gadag district killed on January 17, 2022; Abdul Jaleel from Katipalla in Dakshina Kannada district killed on December 24, 2022; and Deepak Rao, also from Katipalla killed on January 3, 2018.

The compensation comes from the Chief Minister's relief fund. The former BJP government did not grant compensation and no representative from the party or government met the families of the victims, triggering a huge controversy. **–IANS**

Why are buses in a hurry?

CONTINUED FROM PAGE 1

They know that they won't get suspended or fined even after rash driving, so they don't bother to follow traffic rules," he alleged.

He added that the city's infrastructure also doesn't help the situation. "The buses don't have proper space to stop and they don't have shelter. Also, they are in competition with other vehicles for the space that should have been provided only for the buses," he added.

Traffic expert MN Sreehari says that if we look at the total number of accidents, then the percentage share of accidents caused by buses is low, but due to rash driving and speeding, the cases are increasing and are likely to increase more in the future.

"One of the reasons is the drivers and the conductors are not getting any incentives, so they tend to not care about the way they drive.

Earlier, if they had a collection of a certain amount, they used to get incentives but now it's not happening, so this further increases the cases in which they are not stopping or driving fast," he said.

According to the latest traffic police data, as of May 2023, the city has recorded 30, 913 cases of traffic violations by the buses.

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CHANGE OF NAME

I, Shine Kaippilly alias Kaippilly Shine Tomy alias Kaippilly Shine Tomy Omana alias Shine Tomy Omana Kaippilly S/o Tomy Ouso Kaippilly R/o C/402, Paras Maitri, 6th Cross, Ananth Nagar Phase 1, Kammasandra, Electronic City Post, Bengaluru, have changed my name to Shine Tomy Kaippilly.

I, Kantharaj Srinivasaiah R/o 30/1A Gowri Nilaya Muniswamappa Lyt Yelachenahalli B'luru-560078, have changed my Minor Son's name from Mithun Raj Kanthraj to Mithun Raj Kantharaj, Affidavit Dt:19/06/2023 before notary B S Padmaprasad B'luru.

I VISHWANATH.S.S R/O Shanubog Subbanna Layout Nagondanahalli Road Channasandra Bangalore - 560067 have changed my Minor Daughter's name from SPANDANA.S.V to RUTHVI.V.

I, Kantharaj Srinivas R/o #30/1A Gowri Nilaya, Muniswamappa Layout, Yelachenahalli, B'luru-560078 have changed my name to Kantharaj Srinivasaiah, vide Affidavit Dt:19/06/2023 Before notary B S Padmaprasad B'luru

I Hrishikesh Mavily S/o of Vijay Karthikeyan Mavily R/o Villa 78, Peninsula Solitaire, Sarjapura, Bengaluru - 562125 has changed my name to Hrishikesh Vijay Mavily for all future purposes.

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- Corporate owned land

For further details, please contact:

Sujith Marar
+91 99300 70503
sujith.Marar@cushwake.com

Shanmuga Sundaram
+91 96868 67773
shanmuga.s.sundaram@cushwake.com

I, Shivakumara M.K resident of No. 517, 2nd Cross, near Anjaneya Temple, Peenya 1st Stage, Bengaluru- 560058 have changed our minor son's name from VIKAS S to VEDAANT SHIVAKUMARA vide affidavit dated 30.11.2022 sworn before notary Renuka .C, Bangalore.

I, Santosh Kumar K. S/o. Krishnappa M R/a. No. 1181, 3rd Cross, Triveni Road K N Extension Yeshwanthpura, Bangalore- 560022. I have changed my name from SANTOSH KUMAR K to SANTHOSH KUMAR K. Vide affidavit Date: 16.06.2023. Sworn before Notary: Meer Hassan.

I, Ramanathan Venkataraman, R/o A7-601, Paramount Pilatus Apartment, 80ft Road, Arekere, Bangalore - 560076 have changed my minor daughter's name from Samyuktha to Samyuktha Ramanathan for all purposes

I, Surithes Rudraiah R/o 21/9, Chikkathogur, Vivekanada Lyt, Bettadasanapura, Electronic city post, B'luru 560100 have changed my name to SHRUTIES RUDRAIAH (SHRUTIES R) affidavit Dt.10/06/2023 notary Harisha G, B'luru

I, Jyothi Naidu R/o #339, 1st Floor, 9th Main, Dollars Colony, JP Nagar 4th Phase, B'luru-560078, have changed my name to Jyothi, vide Affidavit Dt:19/06/2023 before Notary B S Padmaprasad B'luru.

I Shaifali W/O, Vivekjee Anand R/o #151, 1st Main 1st Cross, Ganesha Layout M S Palya Vidyaranyapura Post, Bangalore 560097 have changed my name to Shaifali Kaur Anand for all purposes.

I, Shanthilal Kataria R S/o Rikabchand Jain R/o No-17, Flat No-203, Blue Bell Appt , 2nd Floor ,V V Puram Basavanagudi B'luru-560004 have changed my name to Shanthilal Jain R for all purposes.

I, Gurunath Prashanth S/o T.V. Gurunath, R/at # No 664,2nd Main,2nd Phase,7th Block, B S K 3rd Stage, Bengaluru 560085 have changed my name to Prashanth Gurunath Rao for all purposes.

I Navanita W/o, Ritesh Ranjan R/o Flat 10114, Prestige Shantiniketan, Itpl Main Road, Whitefield, Hoodi Post, Bengaluru 560048 have changed my name to Navanita Prasad Ranjan for all purposes.

I, Nagarajan Sathyaseelan S/O, Sathiyaseelan T R/o 51, Rishi Bhavan, Thulasi Layout , Kasavanahalli, Bengaluru - 560035 have changed my name to Nagarajan Sathiyaseelan for all purposes.

I, Advaith A S/o Arun Bhaskaran Nair R/o B-303, Adithya Elan, New Temple Road, Nellurahalli, Bangalore, Karnataka-560066, have changed my name to Advaith Jyothi Arun.

I, Modadugu Ganes Kumar S/o Modadugu Ranga babu R/o Jai Galaxy Luxury Aprt. Flat No: B209, Ayyappa Nagar, KR Puram, Bengaluru -36 have changed my name to Modadugu ganesh kumar for all purposes

I Chandrika S Murthy D/O, Mullagiri Srinivas Murthy R/o E2-304 Shree Prakriti Apartments Thindlu Main Road Virupakshapura Bengaluru-560097 have changed my name to Chandrika Murthy

LOST & FOUND

I Maruthan Gopinathan r/o # 7/689 Rajiv Nagar Balakrishnapuram Dindigul Tamilnadu -624005 have lost Original Sale deed document No. BEGU BLR/12452/2003-2004 registered in the office of sub registrar Bangalore South Tq Dt-24/09/2003-2004 of Property Hinduja Land Development while traveling .Finders contact- 9341333124

I Madhusudan Reddy S/O Maheshwar Reddy Lost my Original Sale deed Property document of Document No.: BNG(U)-BLR(S)/11320/2004-05, Bannerghatta road, which is registered in Bengaluru South,Return if found Mobile: 9886404988

HEALTH TIP: Cashew nuts, almonds, whole grains, legumes, seeds, and dairy products are some of the rich sources of magnesium that helps regulate blood pressure

Exercise that puts stress on the bones, such as walking, running, jogging, dancing, hiking, stair climbing, or weightlifting, can help build and maintain bone density

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Gut feeling

How to stay on top of your digestive health that affects almost all aspects of life

Have you ever noticed that sometimes you get facial acne and puffiness when you are constipated, or you feel irritated because you are bloated? Probably, yes, without knowing it's related to your digestive health! Face acne can lead to a lack of confidence, which may impact your presentation at work or even dim your mood before a party. It shows that bad digestive health affects daily life in more ways than once. Often overlooked, our digestive system plays a vital role in overall well-being.

Everyone knows the digestive system is responsible for breaking down food, extracting nutrients, and eliminating waste. When our digestive system functions optimally, our bodies receive the necessary energy and nutrients. However, if our digestive system is not in good shape, it may struggle to break down and absorb these nutrients effectively, leading to potential health problems.

Importance of maintaining a healthy digestive system and its impact Maintaining a healthy gut contributes to a robust immune system. A significant portion of our immune cells reside in the stomach. A balanced and diverse gut microbiome - the collection of microorganisms in our digestive tract - helps support immune function and protect against harmful pathogens. Taking care of digestive health is crucial for bolstering the body's defence mechanisms.

Beyond physical health, the gut is often called the "second brain" due to the intricate connection between our digestive system and mental well-being. Imbalances in the gut microbiota can impact mood, cognition, and even the risk of mental health disorders. By nurturing our digestive health, we can promote not only a happy gut but also a happy mind.

But how can one maintain a healthy digestive system? Here are several simple yet effective steps you can take for your digestive health:

Maintain a Healthy Diet

The food we consume directly affects our digestive health. A balanced diet rich in vegetables, fruits, whole grains, and lean proteins provides the fibre and essential nutrients necessary for a healthy digestive system. Fibre promotes regular bowel movements and helps prevent constipation. It also supports the growth of gut bacteria, which benefits the body.

Regular Exercise

Physical activity is not only beneficial for cardiovascular health and weight management but also plays a role in maintaining a healthy digestive system. Exercise helps to stimulate the muscles in the digestive tract, promoting efficient digestion and preventing issues such as constipation. You must get at least 30 minutes of exercise most days of the week.

> **If our digestive system is not in good shape, it may struggle to break down and absorb nutrients, causing other health problems**

Managing Stress

Stress has a significant impact on the digestive system. Chronic stress can disrupt the natural balance of the gut, leading to digestive issues such as indigestion, bloating, and even irritable bowel syndrome (IBS). Practising stress management techniques, such as deep breathing and meditation, or engaging in hobbies can support a healthy digestive system.

Getting a Good Night's Sleep

Quality sleep is essential for overall health and maintaining a healthy digestive system. Lack of sleep can result in imbalances in gut bacteria and contribute to digestive problems. One needs at least 7-9 hours of restful sleep each night to support optimal digestive health.

Avoiding Smoking and Excessive Alcohol Consumption

Smoking and excessive alcohol consumption can harm your digestive system. Smoking increases the risk of acid reflux, stomach ulcers, and digestive cancers. Excessive alcohol consumption irritates the digestive tract and disrupts the balance of gut bacteria. It's best to quit smoking altogether and consume alcohol in moderation, if at all, to support a healthy digestive system.

Taking Probiotics

Probiotics, beneficial bacteria, support a healthy gut microbiome. They help maintain a balance of good bacteria in the digestive system, promote proper digestion, and support immune function. Consider incorporating probiotic-rich foods such as yoghurt or a probiotic supplement to enhance your digestive health.

Here are some additional tips for maintaining a healthy digestive system:

Stay hydrated:
Drinking adequate water supports digestion and prevents constipation. Consuming plenty of fluids will flush out toxins from your system and keep you hydrated.

Practice mindful eating:
Chew your food thoroughly, eat slowly, and savour each bite. It aids digestion, promotes better nutrient absorption and allows you to recognise feelings of fullness. One must also maintain regular eating patterns, avoiding skipping meals or overeating in one sitting, as it can strain the digestive system. Avoid eating late at night, which can lead to indigestion and disrupt sleep quality.

Limit processed foods and sugary drinks:
Processed foods are high in unhealthy fats, sugar, and artificial additives. They can disrupt the gut bacteria balance and hinder the functioning of your digestive system.

Taking care of your digestive health is an ongoing journey requiring consistent effort. Remember, small changes in your lifestyle can lead to significant improvements in your well-being.

(Dolly Kumar, Gaia, Cosmic Nutracos for IANS)

All problems solved

Dear Coleen

I'm a man in my 30s and my wife doesn't want to have sex with me any more.
Her libido has dropped off a cliff and I don't know what to do about it because she becomes very defensive every time I try to bring it up, so I've actually stopped trying.
We have one daughter, who's six, and we both work, although she's recently cut back her hours and is now doing three days a week.
Nothing I seem to do is good enough lately, to the point where I even asked her if she was having an affair, which she denied and then went mad, shouting at me for ages for suggesting it.
I love her and fancy her, but I get the feeling she's not being totally honest with me. I'd welcome any advice.

COLEEN SAYS
My advice would be to take sex out of the conversation for now, but you need to sit down with her and say (calmly): "I don't want to accuse you or blame you for anything, but we need to talk because you're obviously not happy, which makes me unhappy and I'm unsure what you want me to do.
The message you need to get across to her is that life is miserable because neither of you is happy, so you have to be honest. And if she starts getting angry and shouting, don't join in. Focus on a discussion about how you can solve things. If the conversation gets round to sex and she says she's not interested, then you have to discover why that is. Is she tired and stressed? Could it be hormonal? Or is it to do with the relationship?
Most people in their 30s don't want to be in a sexless relationship so, I agree, I don't think she's being entirely honest about how she feels. It's not fair of her to shut down the conversation. You're in a relationship and it's not just about her.
— Coleen Nolan, Daily Mirror

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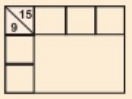
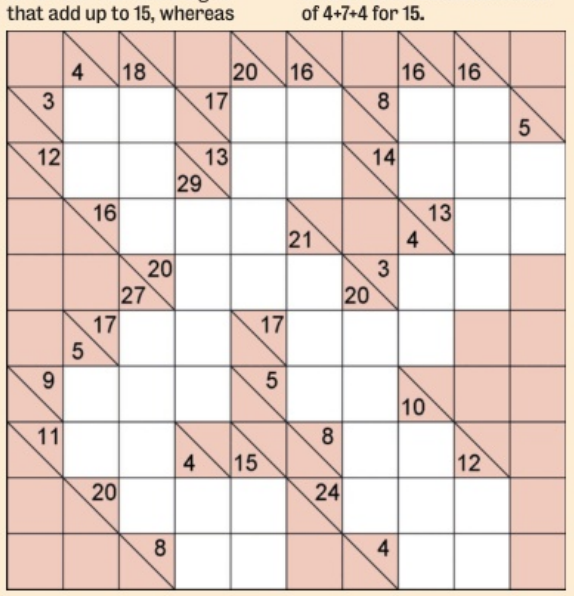
@BangaloreMirror

Kakuro

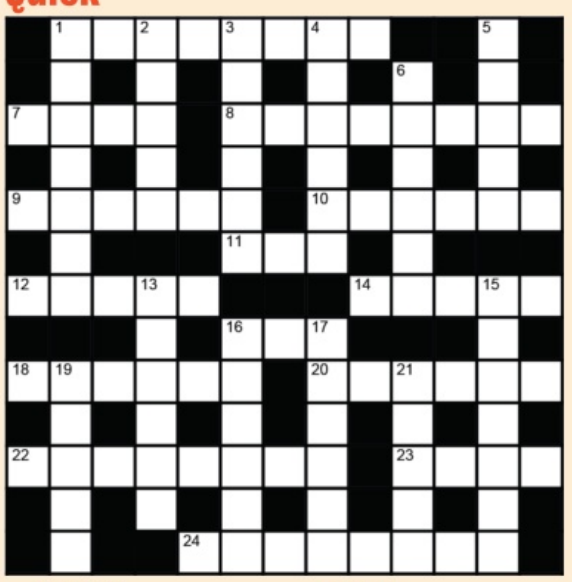


The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Envy (8)
7 Sort of bread made by South Indians from boiled rice (4)
8 Painstaking and complete; careful and diligent (8)
9 Power to choose (6)
10 Water boiler (6)
11 Navigational system in short (3)
12 Land badly (5)
14 Routes (5)
16 Art graduates, abbr. (3)
18 Royal city in Karnataka (6)
20 Cutting with an axe (6)
22 Contrabandist (8)
23 Under-cooked (4)
24 Partial or unfair? (3-5)

DOWN

1 City in Rajasthan (7)
2 Proof of innocence (5)
3 Choosing or selecting (6)
4 Large wading birds (6)
5 Heavenly being (5)
6 Merchant of Venice lawyer (6)
13 Live as a parasite (6)
15 C for the Romans? (7)
16 Capital of Germany (6)
17 Plays truant (6)
19 Delicious (5)
21 Planet (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS T

BRA IAOB PYG BX BAYLR GXHM ZWCO YIXHB BYJAO WO IG AYBWDU 30% XT BRAWM WLA LMAYN.

Linemaro

I don't want to be in love but you're makin' me

Mindchow

The shell must break before the bird can fly

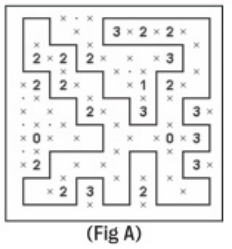
Joke of the day

He: Jeez, this coffee tastes like mud!
She: That's funny, it was ground this morning.

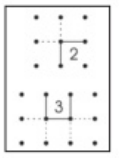
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

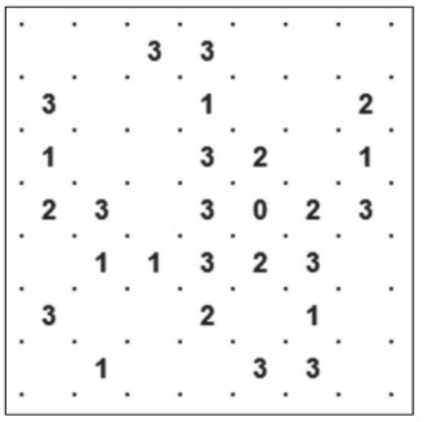


(Fig B) Not Allowed

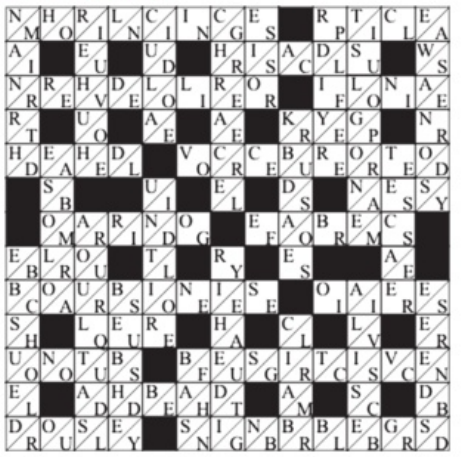
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



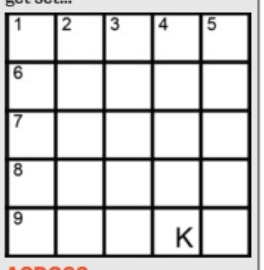
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

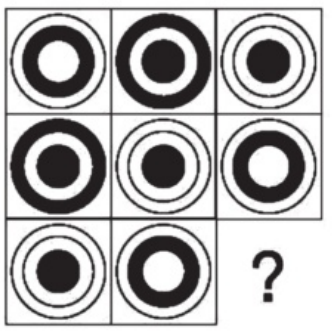
1 A lass; 6 Rah up;
7 Me Reb; 8 On air;
9 De Ark

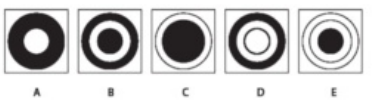
DOWN

1 Pends; 2 Or mar;
3 L Arab; 4 Hikes;
5 A urea

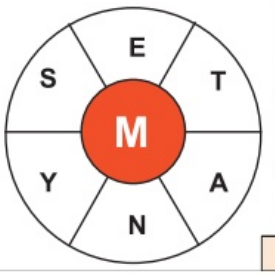
Mensapuzzle

Which square should replace the question mark?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

16 Average; 18 Good; 20 Outstanding

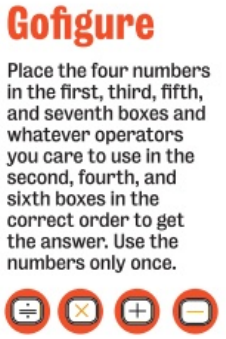
SudokuChallenge

5		1				8		4
		9	1		8	6		
				6				
8			2		6			9
3				5				1
1			7		3			5
				7				
		8	5		9	7		
7		3				9		8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 8
2 7 8 9

Medium = 5
2 7 9 9

Hard = 32
2 7 8 5

Hocusfocus

Find at least six differences in details between panels.

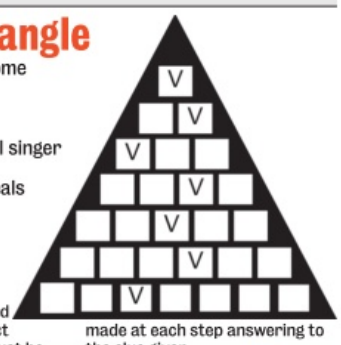
Differences: 1. Arm is longer. 2. Lapel is missing. 3. Mouth is different. 4. Bow is moved to front of hat. 5. Glasses are missing. 6. Sign is different.

Riddler

Shopping can present a terrible dilemma, the new couple discovered. Three pounds of potatoes and two pounds of eggplants cost $2.25. Or they could just buy eggplants for the same amount of money and make a casserole out of all those eggplants. But potatoes are cheaper than eggplants. How much did potatoes cost per pound?

Alpha triangle

1 Five in ancient Rome
2 Electron volt
3 Contend with
4 Not taped
5 Heartbreak Hotel singer
6 Whine
7 Discloses or reveals



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

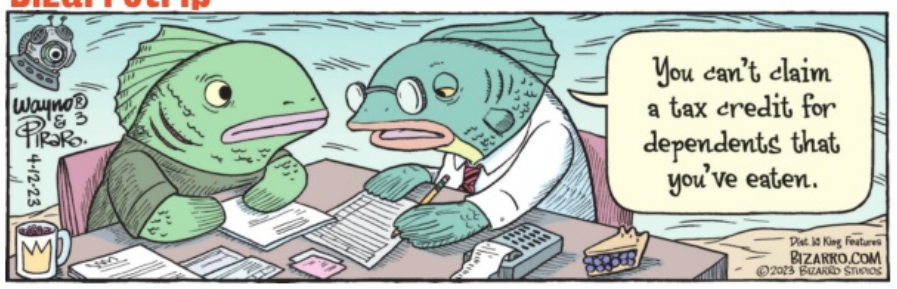
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

WILL YOU CHECK MY DOG, MEDICINE MAN?...HE ATE SOME CHICKEN BONES
I DON'T TREAT DOGS! WHY DON'T YOU TAKE HIM TO THE VET?
IT WAS THE VET'S CHICKEN
Mel Casson

Bizarrotrip



Diamond Lil

THE CHINESE CHICKEN WHO WALKED INTO A BAR:
SO YOU REALLY LAY EGG ROLLS?
MOSTLY, EXCEPT FOR THIS TIME OF YEAR
WHAT DO YOU LAY NOW?
SPRING ROLLS
www.creators.com

Hart of the city

THE TRUE ADVANTAGE OF BEING TALLER IS THAT I HAVE MORE AMMO WHEN I AUDITION FOR BOYS' ROLES IN PLAYS.
HOW ARE YOU GONNA STEAL ROLES IN A ONE-WOMAN HEADLINER SHOW?
AW, KAT! YOU REMEMBERED MY DREAM JOB!

Crankshaft

SHOOT!
PROBLEM, DAD?
I PUT THIS SLICE OF PIZZA FROM THE FREEZER INTO THE MICROWAVE FOR TWO MINUTES...
BUT THE CENTER IS STILL FROZEN CRISP!
BATIUK & DAVIS tombatiuk.com/books

Mutts

I'M SO OVER THIS DOMESHTICATION THING.
HECK! "MOOCH" ISN'T EVEN MY REAL NAME! IT'S JUST MY HUMAN LABEL.
SO WHAT'S YOUR "REAL" NAME?
MEOW MEOW SHOMETHING OR OTHER.
mutts.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be able to make a balance between your earnings and expenses, which may boost your bank balance. You are likely to perform better in your job. Your boss can give you new responsibilities in terms of promotions. You may get back your money which was stuck. You may be able to control your opponents and hidden enemies.

Taurus Apr 21 – May 20
Today you may feel dull. Due to sleeplessness, you may be scattered towards your goals, which may affect your working efficiency. You may plan to visit some religious place. But in the late evening, you may be blessed by your elders; you may find out your mistakes and may make a good plan for the coming day. You are advised to take care of your parent's health.

Gemini May 21 – Jun 21
Today you may be in a hurry. You are advised to drive safely. But with the blessing of the elders, you may come out from the messy situation. You are likely to be more romantic in your love life; harmony in domestic life may come. You may expect some positive results in new partnerships. Love birds may enjoy their happy moments. Students may hear good news in terms of academics.

Cancer Jun 22 – July 23
Today your subordinate staff may be cooperative, it may help you to complete postponed projects. You are likely to join some social event, which may boost your network; it may help you in your work or social life. you may plan to go for an outing with friends. Some disputes with friends may be settled now. Students are advised to avoid carelessness.

Leo Jul 24 – Aug 23
Today your communication skills may help you in terms of professional front. You are likely to be more polite with everyone around you, which may help you to speed up your projects. Love birds are likely to exchange their views with each other, which may make some foundation of their relationship.

Virgo Aug 24 – Sep 23
Today you are blessed by the moon. New partnerships may give you benefits. Your energy level is likely to be high. Your hard work and enthusiasm may pay you off in terms of financial gains. Self respect may protect you from negative people around you.

Libra Sep 24 – Oct 22
Today you may feel dullness and unhappiness. You are advised to avoid harsh conversation with friends and family members. You may also not be able to get proper reciprocation of your hard work. Need to follow your intuition. You are advised to keep patience while making some important decisions.

Scorpio Oct 23 – Nov 22
Today new sources of income are likely to be opened. Your past investments may give you a good profit, which will boost your bank balance. You are likely to connect with a social organisation, which will increase your network. Singles may find a soul mate in terms of marriage.

Sagittarius Nov 23 – Dec 22
Today's blessing from elders may make you confident. You can follow your intuition before taking any initiatives, which may help you at work. Your intuition may help to gain more in terms of finance. You are likely to visit some religious place with your family members. You must control your arrogance to enjoy your domestic life. Students may expect good results with the help of destiny.

Capricorn Dec 23 – Jan 20
Today you may expect some instant gains in your business, which may boost your confidence level as well as bank balance. You are advised to avoid stress in domestic life. There would be some momentum at the business and work front. Your prestige may be increased. You may also plan for an overseas trip.

Aquarius Jan 21 – Feb 19
Today things would not be favourable. You may feel dull and unhappy. Some mysterious fear may make you upset. You are likely to be attracted to the occult. You may feel a lack of confidence, which may affect your work. It is to avoid rash driving and risky adventure tours.

Pisces Feb 20 – Mar 20
Today you are blessed by the moon. Love would be in the air in terms of personal life. Singles may find suitable matches. You may do better in terms of professional life. Your friends and subordinates are likely to support you.

KIDZONE

Rahul J, 13 Years, Indiranagar Cambridge School

Soumya Sharma, 7 Years, NCE School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=800*1.3382
=1.3382*8*100
=10.7056 = 1070.56

RIDDLER
Potatoes are .25¢.
Eggplants are .75¢.

QUOTE UNCODE
The best way to teach your kids about taxes is by eating 50% of their ice cream.

FAST FIVE

S	A	L	S	A
P	R	A	H	U
E	M	B	E	R
N	O	R	I	A
D	R	A	K	E

STRIKE OUT

M	O	R	N	I	N	G	S	P	I	C	A			
I	E	D	R	I	A	L	S	W						
R	E	V	E	L	E	R	I	O	N	A				
T	U		E	E	K	E	G	R						
H	E	E	D	O	C	C	U	R	R	E	D			
	B		U	E	D	A	S	S						
O	R	I	N	G	F	O	R	M	S					
E	L	O	T	Y	S		A							
C	A	R	B	I	N	E	S	O	A	R	S			
H	O	U	E	H	L	L	E							
O	N	U	S	F	U	G	I	T	I	V	E			
E	A	H	E	A	D	M	C	D						
N	O	S	P	I	C	U	L	E						
D	U	L	Y	N	I	B	B	L	E	R	S			

QUICK

J	E	A	L	O	U	S	Y		A					
	O	N	E	S	I	D	E	D						
Y		O												
		N	I	B	B	L	E	R	S					

MENSA PUZZLE
8: so that each row and column contains one each of the three different symbols

BULL'S EYE
amen, AMNESTY, mane, many, mast, mate, mean, meant, meat, meaty, name, same, seam, seamy, stamen, stean, team, steamy, stem, tame,

GO FIGURE
Easy
7 + 8 - 9 + 2 = 8
Medium
9 - 2 + 7 - 9 = 5
Hard
2 + 7 - 5 x 8 = 32

ALPHA TRIANGLE
V, Ev, Vie, Live, Elvis, Snivel, Unveils.

LOOP

KAKURO

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Do the garba

After the successful launch of Gujju Pataka, Kartik Aryan's solo song from Satyaprem ki Katha, the makers of the film are all set to release the solo song with Kiara Advani. Reports suggest that Kiara will be doing garba in the film. There are two dance numbers for Kiara in the film, one would be solo and another one is with Kartik. The report further states that Kiara has performed both the songs barefoot and she had to wear really heavy Gujarati attire in the songs.

Monali Thakur has been roped in to sing the garba song for Kiara and it is going to be one of the major highlights of the film. Rumour mills are abuzz that Kiara Advani is all set to appear in Yash Raj Films's Spy Universe with War 2. She will be seen in the league of YRF female spies like Katrina and Deepika. **–ETimes**

Adulting truths

Tamannaah feels one comes more face to face with life after they turn 30

One becomes more aware of the reality of life when they turn 30, says actor Tamannaah Bhatia, who believes in making new mistakes and learning from them.

In her latest show "Jee Karda", the actor plays the role of Lavanya, a woman who is unable to come to terms with the idea of marriage with her fiance Rishabh (Suhail Nayyar) and the subsequent challenges.

Asked how was turning 30 for her, Bhatia said she is not as confused as her character in the Prime Video series.

"I don't know what the shift is but you do feel a shift of sorts (when you turn 30). But definitely, the idea is as you grow older, adulting becomes real and you want to hopefully not repeat the things you do in your 20s. You want to make new mistakes, but definitely not the old ones.

"Lavanya, as a person, is someone I relate to. We have odd similarities, but are not the same person. I'm not as confused as her. Thank God for that! But her confusion is rather important otherwise we wouldn't have a story," the 33-year-old actor told PTI in an interview.

Bhatia, who was born in Mumbai, also recalled celebrating her 30th birthday away from home in a stranger's house.

"I think I've got way too much, so I'm extremely grateful.What really hit me when I turned 30... I was in another city... I cut a cake in someone else's house... And that happened to me after having everything sorted career wise. But I did feel the '30-thing' becoming real," she added.

Written and directed by Arunima Sharma, romance drama "Jee Karda" follows seven childhood friends who discover that life at 30 is definitely not what they had imagined. Sharma, known for the anthology "Shor Se Shuruaat", said there is still a "stigma" attached to turning 30. "It is so prevalent everywhere that it enters (into) your own internal self also. Like, when I was in my 20s, I thought that in my 30s, I will be very well established in my career.

"I will get married by 30 because I want kids in the first half of my 30s... Everyone is pushing you to hurry up with your life," she said.

But, life had other plans for her, added the director. **–PTI**

Life goes on

Get a sneak peek into Pooja Hegde's lifestyle through pictures on her Insta page

Watch this story come alive on your device by scanning this QR code

Empowered Gal

Hollywood star Gal Gadot is ready to focus on her future after 'Wonder Woman 3' was canceled.

The star of 'Heart of Stone' is opening up about what her next projects will look like as she continues to make strides in the industry, reports 'Deadline'.

"To me, starting and developing stories that I'm passionate about is an incredible thing," Gadot told Total Film.

"The fact that I don't have to sit still at home and just wait for the next offer is something that makes me feel empowered. I enjoy doing it, it keeps me alive. I'm not only going to do my own projects, I'm going to work as an actress-for-hire still. But the fact that I can go ahead and tell the stories that I'm passionate about -- from ideas that I conceived, or from ideas that I find fascinating from people that want to partner with us -- it's an incredible thing," she added. As Peter Safran and James Gunn take hold of the DC Universe, they opted to not move forward with a third installment of 'Wonder Woman'. Ahead of the news that the film was getting scrapped, Gadot shared a heartfelt message.

"A few years ago it was announced that I was going to play Wonder Woman. I've been so grateful for the opportunity," the actress wrote.

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Against all odds

Director Shija aka Shivu Jamakhandi is busy with post-production work for his film Nasab. Nasab is based on the autobiography of an officer of the Department of Collegiate Education. The title of the movie was released at a function held at Kondajji Basappa Hall recently. Prominent personalities such as Sri Kumara Maharaja of Banjara Shakthi Peeth and former MLC Puttanna attended the event.

"The movie is based on the autobiography of Kishore Kumar, who used to be personal secretary to the Commissioner of Collegiate Education. Kishore hails from the Banjara community. The movie is about how Kishore pursued higher education and got to his position," said Shija. Shija said some people from the Banjara community make and sell illicit liquor. "The movie highlights the problems Kishore faced during his childhood and how overcame them to get a government job," the director said. He said Keerthi Kumar, Kishore's son, plays the lead.

Tale of mystery

Director D Yogaraj is all set to apply for the censor certificate for his lates movie Ityadi. As part of publicity activities, the team has roped in Pratham, the winner of Season 4 of Bigg Boss Kannada, to launch the title of the movie at Renukamba Preview Theater on Thursday.

The movie is bankrolled by Mahendran, Srinivas, and Neelakantan.

Appreciating Yogaraj, Pratham said the team has put in great efforts. According to director Yogaraj, more than 20% of the movie is based on a real life incident and the remaining is fiction. "Ityadi is a murder mystery. The movie revolves around the idol of a Goddess at Biligadde village near Sringeri. The villagers believe that the Goddess blesses pregnant women who visit the temple but most of the pregnant women get killed. Who is the killer is the mystery," the director said.